



The Cross Crawl

ACTIVE



Part I



Part II

Hook-ups

POSITIVE



Brain Buttons

CLEAR



Sipping Water

ENERGETIC

Brain Gym at Work and Play

The physical skills listed within this section are separated for your ease in identifying specific areas to address. In life's actual learning experience, such skills aren't isolated. We recommend addressing each skill individually until students are able to apply it with ease and confidence on their own. Start with the suggested activities, then let learners choose from all 26!

Aligned Movement: Large-Motor Play or Comfortable Holding of an Object

Relaxed use of the body for running, jumping, skipping, climbing, or holding a book. Addresses coordinated movements of hips and shoulders in dynamic contralateral balance for stability, orientation, and postural ease.



The Cross Crawl



Earth Buttons



The Thinking Cap



Arm Activation

Aligned Movement: Working with Objects in the Midfield

Comfortable use of the combined hands and eyes, and posture ease while sorting, stacking, cutting, and coloring. Addresses coordinated movements of the head, shoulders, and arms in dynamic balance with the lower body to support postural ease and stability when using the hands and eyes to do puzzles, creative work, and other concrete operations.



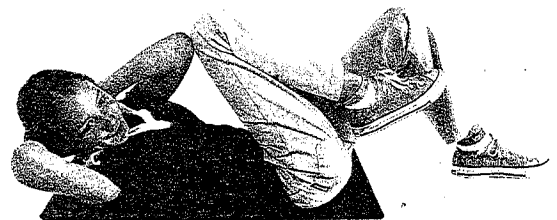
Brain Buttons



The Double Doodle



Lazy 8s



Cross Crawl Sit-ups

Personal Ecology Skills

Productivity at the Computer: Stabilizing homeostasis

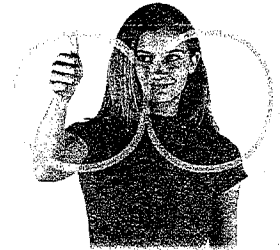
Working at a computer for too much time without relief may add to visual, auditory, or other physical stress. For one thing, a computer screen has only one visual plane, which compromises depth perception and binocular and peripheral vision. For every ten minutes at a computer, we suggest that, to maintain well-being, you do one of the following activities while looking into the distance. And, for every hour spent sitting at a computer, you can take a more active movement break by doing the Cross Crawl or one of the Lengthening Activities.



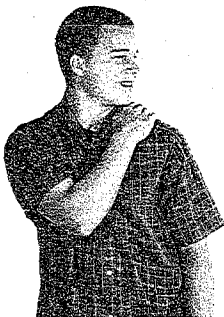
Sipping Water



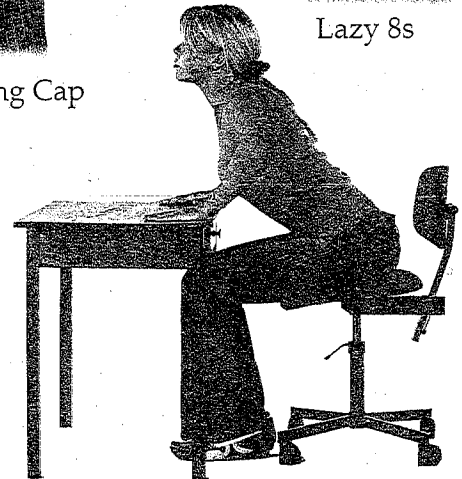
The Thinking Cap



Lazy 8s



The Owl



Hook-ups

The Energizer

Riding in a Car, Bus, or Plane: Crossing the Moving Midline

For passengers in a moving vehicle, the vestibular system of the inner ear helps maintain balance by adjusting for left-to-right, back-to-front, or side-to-side motion. Such rapid motion can also adversely affect depth perception and binocular vision. These activities help to reestablish equilibrium and visual skills while in transit.



The Elephant



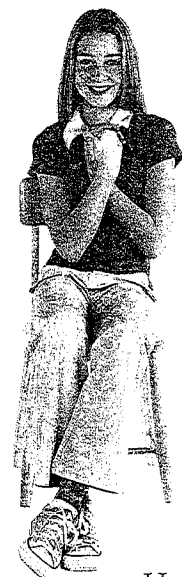
Balance Buttons



Lazy 8s



The Positive Points



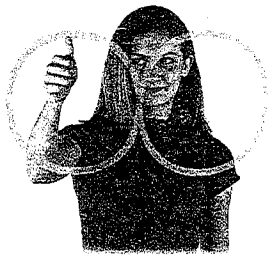
Hook-ups

Speed-Reading: Accessing the Skimming and Scanning Abilities

In speed-reading, one bypasses as much of the linear process as possible while still actively taking in information. Skimming is exploring the printed page for meaningful material while skipping the redundant. Scanning is reviewing the data for anticipated information, such as a name or date. Skilled speed-readers vary their speed according to the given writing style and subject matter.



The Owl



Lazy 8s



The Cross Crawl



The Calf Pump /Any Lengthening Activity



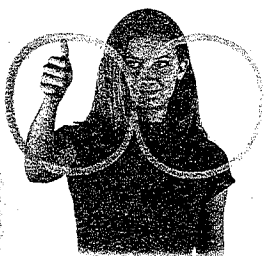
Space Buttons



Brain Buttons

Taking Tests: Relaxing the Butterflies and Retrieving Information

Information that has been learned or experienced is stored in the long-term memory. To retrieve and use this information, especially in a situation that tests one's skills and abilities, requires one to be focused, present, and as free as possible from confusion, anxiety, or distractions.



Lazy 8s



The Positive Points



Hook-ups



The Cross Crawl



Sipping Water



Earth Buttons

Home-Study Skills

Memory and Abstract Thinking: Integrating Silent Speech and Visualization Skills in the Process Known As Thought

Once the reading vocabulary exceeds the speaking vocabulary (at about the sixth-grade level), silent speech is needed to interpret syntax and abstract concepts. Linguistic and visual clues must be integrated to enable the short-term storage of information for analysis and synthesis and its retrieval from long-term memory for comprehension and expression.



The Cross Crawl



Balance Buttons



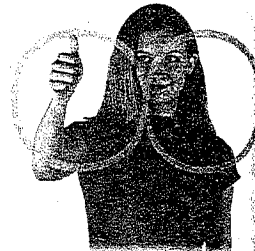
The Positive Points



Neck Rolls



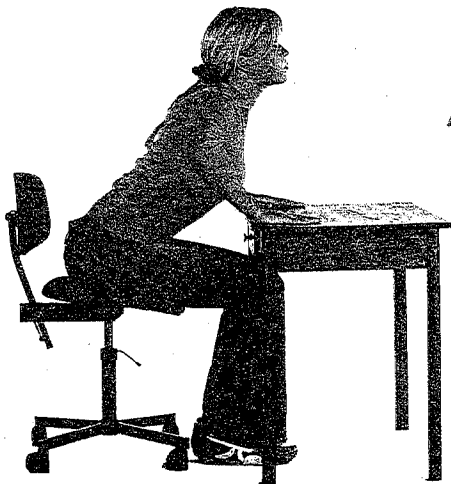
Brain Buttons



Lazy 8s

Creative Thinking: Relating New Input to One's Own Thought and Experience

Focus, attention, and concentration require the integration of prior life experiences (actual, imaginary, or vicarious) and new information, so that the new is processed and stored as personal knowledge.



The Energizer



The Gravity Glider/Any Lengthening Activity



The Rocker



The Cross Crawl

Primary Writing Skills

Eye-Hand Coordination: Drawing in the Left, Right, Upper, and Lower Visual Fields for Both Penmanship and Cursive Writing

Symbols (letters, numbers, and pictures) convey meaning, and the desire to communicate through symbols is the first step in acquiring drawing and writing skills. Learning the reciprocal motions of handwriting needs to be preliminary to keyboarding, for it fosters binocularity and creative expression. Ideally, gross-motor movement is established as a basis for the handedness and fine-motor control needed for drawing, writing, and keyboarding.



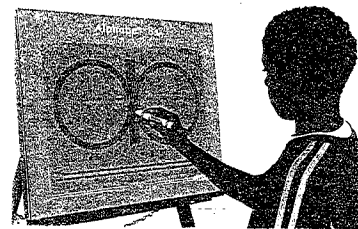
Arm Activation



The Double Doodle



Lazy 8s



Alphabet 8s

Creative Writing: As an Act of Linguistic Expression, Accessing and Translating Experiences via Long-Term Memory

Optimally, skills of reading and writing develop together, each reinforcing the other. Writing helps to establish active skills of attention (focus), perception (meaning), and discrimination (distinguishing one sound/symbol correspondence from another) and connects the code to associations and feelings. Ideally, writing skills keep pace with reading skills while being maintained at a level no more than two years below the reading level.



The Energy Yawn



The Footflex



The Calf Pump

Spelling:

Accessing Visual Memory While at the Same Time Building Auditory Constructs

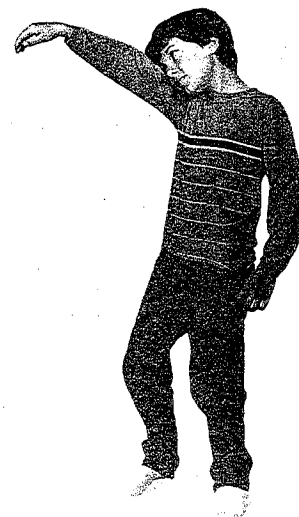
Efficient spelling requires storage of information through the development of both short-term auditory memory (for the linear sequencing of sounds) and long-term visual memory (for word recognition and associations).



The Thinking Cap



The Owl

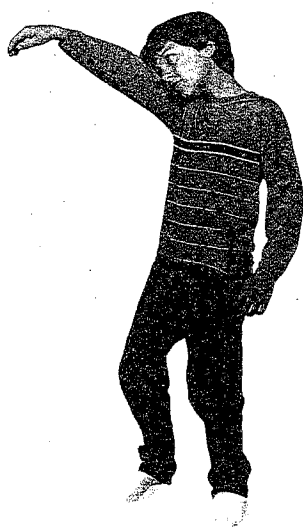


The Elephant

Arithmetic and Mathematics:

Working in a Multidirectional and Often Multidimensional Field

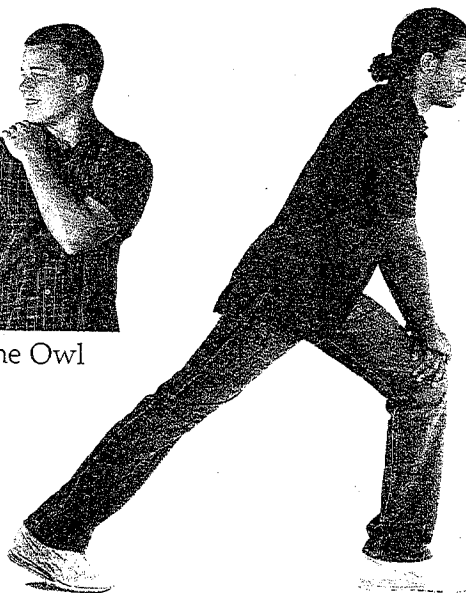
Skills of numeracy can be readily accessed when concepts about the space, mass, quantity, and relationship of concrete objects have already been internalized.



The Elephant



The Owl



The Calf Pump



Neck Rolls



The Gravity Glider

Reading Comprehension:

Anticipating and Internalizing Language for Focused Reading

Reading involves an active recreation of the author's message. Because, unlike pictographs, the symbols that make up the alphabetic code have no fixed linguistic meaning, the success of communication by means of the written word depends upon the writer encoding something meaningful and the reader decoding it to make it his or her own.



The Calf Pump



The Footflex



The Grounder

Primary Thinking Skills

Organization: Moving the Eyes in Any Direction Without Confusion

The manipulation of objects in space prepares learners for linear spelling and for the use of numerical symbols on the page. Easy access to multidirectional processes and multiple sensory modalities (visual, auditory, tactile, kinesthetic) prepares learners to spell and do math. Until "left, right, up, down, and center" are recognized as unique visual spaces, there will be difficulty placing words or symbols in an ordered sequence and comprehending them when they are presented in columns. And the more familiarity one gains with numerical quantities and properties, the more quickly one is able to cross-reference modalities from the symbolic to the practical and tangible.



Earth Buttons



Space Buttons



Balance Buttons

Primary Reading Skills

• Crossing the Visual Midline: Comfortably Moving the Eyes Together Horizontally, Across the Midline of the Page

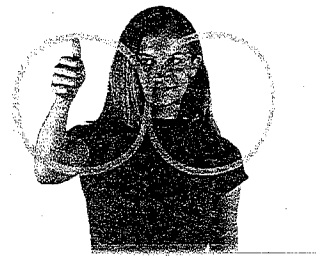
The development of visual skills for reading begins with the ability to move both eyes in tandem in the visual midline, pointing back and forth across the vertical midline of the page. For reading, one eye must lead and point to focus (for content and semantic clues: letters, words, and meaning) and the other eye must follow and blend (for context and syntactic clues: sound, phrases, punctuation). Though access to both skills is theoretically available through each eye, in practice one eye must lead as the other eye blends. Stress in learning the tasks of focusing and blending for reading may cause visual disorientation.



Brain Buttons



Earth Buttons



Lazy 8s



The Cross Crawl

Oral Reading:

Reading with Emotion, Expression, and Interpretation

New readers discover that, through reading aloud, they can communicate ideas and bring a story to life. In order to read not just mechanically but with interpretation, they must first be able to automatically decode linguistic symbols. The alphabetic code includes auditory, visual, and motor components that allow the reader to hear, see, and reconstruct the letters into spoken language.



The Cross Crawl



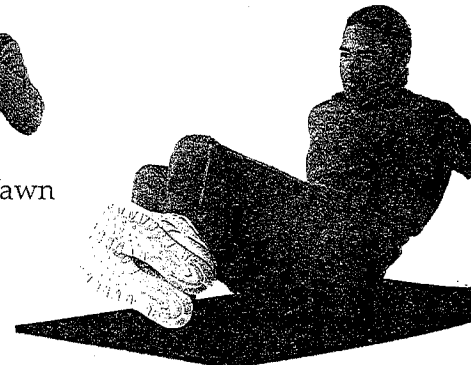
Belly Breathing



Neck Rolls



The Energy Yawn



The Rocker

Whole-Body Coordination for Sports and Dance: Activating Essential Brain/Body Responses While in Motion

Within the full range of physical movement (the kinesphere, which has left/right, top/bottom, and back/front dimensions), one defines one's boundaries and differentiates between relaxed and active areas of the body. One can then access one's visual and kinesthetic figure-ground abilities, such as ease of tracking a ball's position or hand-eye coordination for throwing and catching, on the playing field. It's by organizing their movement that people achieve greater initiatory ability and self-direction. The Footflex and the Calf Pump support heel-first walking and help the feet to relax and point forward.

X



Think of an X



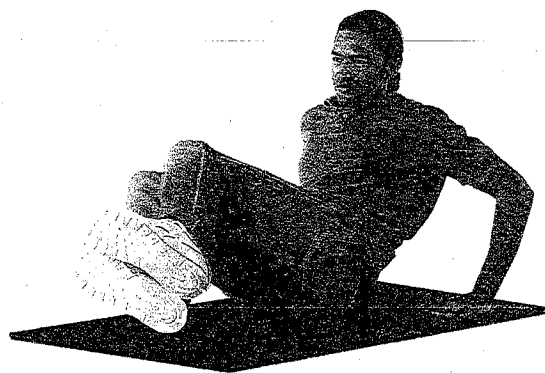
Space Buttons



Balance Buttons



Arm Activation



The Rocker

The Cross Crawl



The Energizer



The Calf Pump



The Footflex

Self-Awareness Skills

Clear Listening and Speaking through Crossing the Auditory Midline: Using External and Internal Feedback and Feedforward for Active Listening

Active listening calls for both the reception and processing of meaning, and is a basic prerequisite to effective communication. Externally, motor responses are employed for both hearing (head turning) and speech (vocal mechanisms). Internally, people need to access and interpret thoughts and associations to be able to respond from their experience. A feedback/feedforward loop allows for comprehension and expression.



The Elephant



The Thinking Cap



Belly Breathing



The Energy Yawn

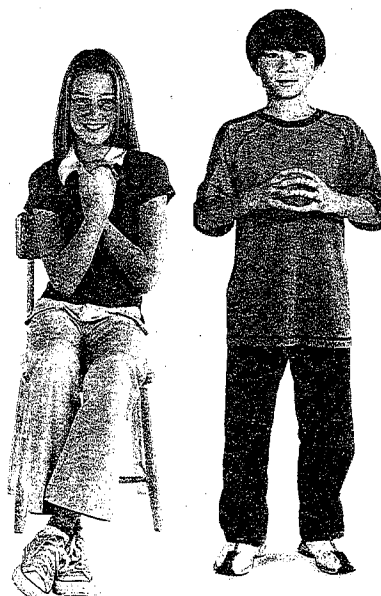
A Positive Self-Concept:

Evoking Self-Esteem As Both the Goal and the Means of Self-Directed Learning

Personal space is the immediate, ambient "domain" around the body. Having confidence within the boundaries of this space helps one to feel safe, to respect other people's space, and to know when risk-taking is appropriate. From this space, one can radiate thoughts, feelings, and self-expression.



The Positive Points



Hook-ups



Balance Buttons